## Wisconsin Family Day



Family Day is meant as a reminder of the importance of parental involvement in order to raise a healthy child.

## **September 26, 2005**

## A Day to Eat Dinner with Your Children





- Family Day emphasizes the importance of parentchild communication and encourages families to make family dinners a regular feature of their lives.
- Family Dinners are a great way to make daily connections and strengthen family bonds.
- Children whose parents are actively involved in their lives stay motivated in school, develop positive eating habits and avoid drugs and alcohol.

Wisconsin Department of Public Instruction
Wisconsin PTA Wisconsin Family and Consumer Educators